



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Elster, Klaus**

Club: ohne

Number: 1790

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:39

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 359 (of 686)

Rank in course/Men: 323 (of 543)

Best time in course: 29:39

Rank in category: 56(of 107)

Best time in the category: 39:41

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde             | 2.00        | 10:08         | 5:03            | 48          | 2:33           | 278         | 4:06          | 2.00          | 10:08         | 5:03            | 48          | 2:33           | 207        | 4:06          |
| Runde             | 2.00        | 10:06         | 5:02            | 64          | 2:09           | 351         | 4:09          | 4.00          | 20:14         | 5:03            | 48          | 4:39           | 287        | 8:15          |
| Runde             | 2.00        | 10:08         | 5:03            | 58          | 2:01           | 328         | 4:13          | 6.00          | 30:22         | 5:03            | 48          | 6:40           | 247        | 12:28         |
| Runde             | 2.00        | 10:10         | 5:04            | 59          | 2:06           | 323         | 4:15          | 8.00          | 40:32         | 5:03            | 48          | 8:46           | 285        | 16:43         |
| Leichtathletikhaf | 2.00        | 10:07         | 5:03            | 64          | 2:12           | 352         | 4:17          | 10.00         | 50:39         | 5:03            | 56          | 10:58          | 323        | 21:00         |